

IT'S YOUR LIFE. IT'S YOUR CHOICE.



QUEBEC

Advance Medical Directive: Instructions

In Quebec, there is a specific form prescribed by the Minister of Health. Follow these steps:

1. Carefully read the information on Advance Medical Directives so that you can freely make an informed decision.
2. Get the form from the **Régie de l'assurance maladie du Québec (RAMQ)**: It is a personalized form, where your name and health insurance number have already been entered. It will also have a bar code that can be used to identify you. You can obtain the form in any of the following ways:
 - Download it online on the **RAMQ website** (you will have to log in to your clicSÉCUR account or create an account to obtain your personalized form)
 - By telephone:
 - Montréal: 514.864.3411
 - Elsewhere in Québec: 1.800.561.9749 (toll-free)
3. Complete the form, put your initials on each page, sign and date it.
4. Have it signed by two witnesses of majority age.

5. Make your form accessible by either of the following methods:

- Mail it to the RAMQ so that it will be filed in the **Advance Medical Directives Register**, at the following address:
Régie de l'assurance maladie du Québec
Case postale 16000
Québec (Québec) G1K 9A2

In order for your Advance Medical Directive to be filed in the Register, make sure you send all pages of the form to the RAMQ, including the first two pages of general information.

Once your form has been registered in the Advance Medical Directives Register, the RAMQ will send you a confirmation of registration by mail.

- Give a copy to your doctor or to a health professional so that they can file it in your medical record
- Give a copy to someone close to you, who will give it to a health professional if you become incapable of consenting to care

In case of physical incapacity, another person may complete, sign and date the form on your behalf, in your presence. A person who cannot read or write can also have another person to complete, sign and date the form.

I have distributed my Advance Medical Directive to the following people. This is a reminder to myself to keep these people informed of any changes. I am aware that outdated or defunct copies of my Advance Medical Directive may create confusion if left in circulation.

Name(s) and phone number(s):

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MANDATORY FORM: Instructions

These instructions outline how to complete the form for appointing your Substitute Decision-Maker for Health (termed a Mandatary in Quebec). The form also allows you to give powers to your Mandatary to make decisions regarding your property.

- 1.** You will need **two witnesses** to your signature. The witness **CANNOT** be the person you have appointed as Mandatary or Alternate Mandatary.
- 2. Please note:** You should consult with your lawyer if you wish to appoint multiple mandataries to act jointly and/or if you feel you have special circumstances the Dying With Dignity Canada forms do not address. Seeking legal advice will ensure that you fully understand all your available options and that your Protection Mandate fulfills the legal requirements of your province.
- 3.** If you have two witnesses, you do not need to have the form notarized by a lawyer. However, if you choose to have a lawyer draw up your Protection Mandate, ask your lawyer or notary public for notarized copies of the signed Protection Mandate Form, so that you and each of your Mandataries have a document with the original signatures and date. Keep your copy where it can be easily found in an emergency situation and leave a note in a prominent place giving the location of your Protection Mandate Form, and who to call in an emergency. Do not store your copy of these documents in a locked safety deposit box.

WHERE TO COMPLETE THE PROTECTION MANDATE FORM

You can complete your Protection Mandate Form at the Curateur Public website:

https://www.curateur.gouv.qc.ca/cura/en/outils/publications/mon_mandat.html

On the Curateur Public page, you can download or print the form and/or a brochure outlining further instructions.

CHANGING YOUR MIND:

You can always change your mind. Simply start off by stating that you revoke any previous Protection Mandate and then continue on to complete a new form in the same way as before. Make sure to inform your previous Mandatary and anyone else to whom you gave a copy of the Protection Mandate Form that you have made these changes.